

NEWSLETTER

November 2024



Lifelong

Congenital Heart Disease Network

London | East | South East

Welcome to the autumn/winter edition of the Lifelong Congenital Heart Disease (CHD) Network Newsletter.

Though the temperature has dropped, our spirits remain high as we continue to work together as a network to optimise healthcare. The next weeks are going to get very busy as the Christmas season draws nigh' (about 5 weeks away—eek!), however we want to take this time to appreciate all the work and efforts from our colleagues to ensure our vision of creating a leading network goes on.

In our last newsletter , we showcased our network launch event and gave several updates of developments in our network. For this newsletter, we will explore all that we have been up to since then.

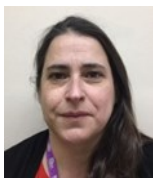
We are pleased to reintroduce the team with a new face as *Novelle Agyarko* joins us via the GSTT Graduate Management Trainee Scheme. Novelle joined the team in September as our new assistant network manager. As a reminder, please see our wonderful team members below



Dr Natali Chung
Clinical Director



Lynda Shaughnessy
Clinical Director & Lead Nurse



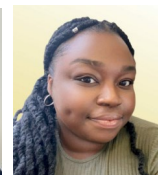
Susana de Sousa
Lead Nurse



Nathalie Picaut
Lead Nurse



Joe Eurell
Manager



Novelle Agyarko
Assistant Manager



Ilin Hayter
Business Support

As always, we are in awe of the amazing work that goes on within our network. We want to take this opportunity to say thank you to everyone who continues to contribute to building up our CHD Network.

We look forward to strengthening all our partnerships.

We wish you and yours a wonderful Christmas season ahead and a happy new year!

Best wishes,

Lifelong CHD Network Management Team (LCHDNMT)

Team email: chdnetwork@gstt.nhs.uk

REMINDER - Annual Joint Paediatric and Adult CHD Network Meeting: Wednesday 27th November 2024

Our Annual Joint CHD Network Meeting aimed at PECs/Adult Consultant Cardiologists, General Managers/Service Managers and Nursing staff from our network hospitals as well as all GSTT Cardiology staff will be held on Wednesday 27th November 2024. Diary invites and programmes have been sent. We hope to see you on MS Teams.

Contact Us

Email

If you have any comments or would like to get involved with PPV we would love to hear from you



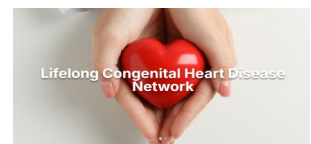
chdnetwork@gstt.nhs.uk

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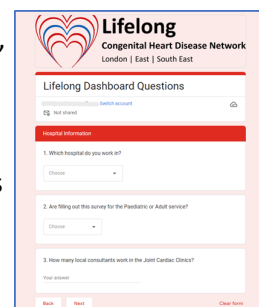
Board Meeting Updates

Since our last update, our board has expanded. We welcome Piers McCleery as the new Deputy Chair of our Board, together with Katie Jackson & Kate Digby, our new Paediatric PPV Board Reps. We also have an Integrated Care Board (ICB) Representative as a regular attendee.

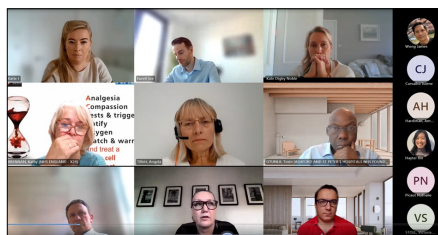
We are focusing on building up our Network Data Dashboard to improve access to data, gain a better understanding of capacity & demand across the network and capture the needs of colleagues and our wider patient population.

So far, we've completed three cycles and emerging themes are becoming clear. Centres complete a quarterly questionnaire with iterative improvements made each cycle.

Participation is gradually increasing though some centres face data acquisition challenges we hope to resolve over time.



The screenshot shows the 'Lifelong Dashboard Questions' form for the Congenital Heart Disease Network (London | East | South East). It includes a search bar, a 'Hospital Information' section with a dropdown menu, and three numbered questions: '1. Which hospital do you work at?', '2. Are filling out the survey for the Paediatric or Adult service?', and '3. How many local consultants work in the Joint Cardiac Clinic?'. There are 'Back', 'Next', and 'Clear form' buttons at the bottom.



Joe Eurell shared a quarterly Work Plan update for NHS England. Network Risk Register items remain low and we aim to include quality metrics like compliments and complaints to guide improvements.

Date of next meeting: Thursday 23 January (*Virtual only*)

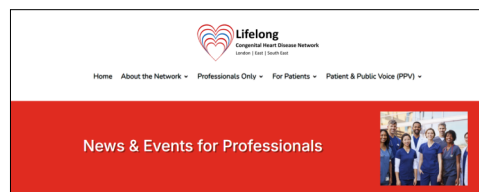
Working Group (WG) Updates

Paediatricians with Expertise in Cardiology (PEC)

These meetings are chaired by Dr Tosin Otunla, Ashford & St. Peter's PEC and who is also our Network PEC on our board. We encourage PECs to attend meetings however, engagement remains a challenge with clinical commitments and completing diaries. To improve engagement, we rotate meeting days and times. The fixed Wednesday afternoon slot for cross-site MDMs also often conflicts with prior commitments. Nonetheless, the group is working on Network Guidelines, focusing on discharge and referrals to support PECs in local clinics. They have also contributed ideas for the agenda of the upcoming virtual Network meeting.

We discussed the Network website with suggestions on what should feature on the dedicated '[Professionals Only](#)'

pages. **Next meeting: January 2025, Date TBC.**



Patient and Public Voice (PPV)

We are delighted that Katie and Kate, have joined Sean, Andrea and Jane as our PPV Board Reps. Find out more about them and their latest work on our website [Meet your Patient & Public Voice Board Representatives](#)

Fetal/Paediatric Reps

Sean O'Grady, Katie Jackson (New) & Kate Digby (New)

Adult Reps

Andrea Farley-Moore and Jane Western

Working Group Updates (continued)

The Virtual Drop-In session on Transition: Moving from Paediatric to Adult Services, did not take place on 13 September as planned. This was due to lower than expected numbers but we feel that this is an important topic to cover and hope to revisit at a later stage. Our Reps have requested the help of the board and network colleagues to help promote any future sessions.

In the meantime, please do visit this page [Network Patient News and Events](#) to see what is upcoming and if you are able to give us your time/views. Our PPVs will be meeting soon and will focus efforts on collaborating with us and our Charities to organise an in-person PPV Event for 2025. Watch this space...

We will also be meeting with our PPVs in January to reflect on their roles and hopefully put a plan in place for the forthcoming year.

We have also asked our reps to review an [Infective Endocarditis leaflet](#) created by one of our PECs at *Darent Valley Hospital* and an Evelina Information Leaflet for *Sky Ward*.



Network Centre Visits

This year, we began visiting the Trusts across our network to connect with our incredible teams and strengthen collaboration. We planned to visit as many Trusts as possible this year and will continue to do so next year.

During these visits, we have had the privilege of meeting amazing and enthusiastic colleagues who are deeply committed to ensuring the network's outcomes align with its vision and goals. We look forward to meeting even more of our colleagues next year.

Thank you for all your hard work—keep it up! 😊

VISITS UNDERTAKEN 2024

Date	Trust	Centres	Paed/Adult
26 June 2024	West Hertfordshire	<ul style="list-style-type: none"> Hemel Hempstead Watford General 	Paediatric
03 July 2024	West Suffolk	<ul style="list-style-type: none"> West Suffolk 	Paediatric
27 August 2024	Imperial College Healthcare	<ul style="list-style-type: none"> St Mary's Hospital 	Paediatric
27 September 2024	East Suffolk & North Essex	<ul style="list-style-type: none"> Colchester Ipswich 	Paediatric & Adult
09 October 2024	Guy's & St Thomas'	<ul style="list-style-type: none"> Evelina London Royal Brompton 	Paediatric
25 October 2024	East & North Hertfordshire	<ul style="list-style-type: none"> Lister 	Paediatric
15 November 2024	Mid & South Essex	<ul style="list-style-type: none"> Basildon Broomfield Southend 	Paediatric

UPCOMING VISITS 2024

Date	Trust	Centres	Paed/Adult
29 November 2024	Epsom & St Helier	<ul style="list-style-type: none"> Epsom St Helier 	Paediatric
13 December 2024	St George's	<ul style="list-style-type: none"> St George's 	Paediatric

Training and Education



Our Paediatric Nurses with Interest in Cardiology Sophie Arbos (*Epsom/St. Helier's Hospital*) and Caroline Reeve (*West Suffolk Hospital*) had the opportunity to attend the annual Pan London Neonatal Cardiac course on the first week of May.

This demonstrates the collaboration established with our colleagues across the network that recognise the need to invest in the role alongside our commitment to empower local teams to provide the best care to our patients and families .

We look forward to continuing the good work!!

The ACHD Department at Guy's & St Thomas' Hospital are running the 'Clinical Cases Series' **every last Tuesday of every month, 08:00 - 09:00** on MS Teams.

Endorsed by : BSE with 0.5 points per session

Cost: Free

For further details, contact:

dario.freitas@gstt.nhs.uk or harith.alam@gstt.nhs.uk

ACHD EDUCATION
Clinical Cases Series



British Society of Echocardiography
endorsed course
0.5 BSE points per session

*** Register for free access ***

<https://forms.office.com/r/xdmMEgnsWB>



Paediatric CHD Teaching
Tues, Weds & Thurs only 08:00-08:30
Virtually on MS Teams or F2F at ELCH Level 1 Walrus

Suitable for: Physiologists, Clinical Fellows, Paediatric Cardiologists, Network PECs, Cardiac Nurse Specialists and all healthcare staff who are interested in CHD.

Cost: Free

Please email: Dr Ariana Spanaki, Ariana.Spanaki@gstt.nhs.uk to obtain a link or to be removed from the mailing list. Any feedback/suggestions are always welcome. The teaching team will share the rest of the schedule for the month in due course.



Feedback form for Paediatric Cardiology Teaching Programme at Evelina London & Royal Brompton Hospitals.

The team value any feedback from the **Paediatric CHD Teaching** and would be very grateful if you could complete a short survey. Either scan the QR code or click on the image to start.

Paediatric CHD Teaching runs every Tues, Weds & Thurs only, 08:00-08:30 on MS Teams or ELCH Level 1 Walrus

This teaching is hosted by the paediatric CHD Teaching Team at Evelina London Children's Hospital and Royal Brompton Hospital.

Suitable for: Physiologists, Clinical Fellows, Paediatric Cardiologists, Network PECs, Cardiac Nurse Specialists and all healthcare staff who are interested in CHD

Cost: Free

Contact: ariana.spanaki@gstt.nhs.uk

PEC education session

In October, a new monthly PEC Education course started and will continue **every 3rd Wednesday of the month, 17:05 - 1800**. Two sessions have been run so far. Final session for 2024 will be the Christmas Quiz on **Wednesday 18th December**

Cost: Free

Faculty members

Alex Savis: *Senior Chief Cardiac Physiologist & Physiologist Lead in Research, Education and Training (Evelina London)*

Dr Owen Miller: *Consultant in Paediatric & Fetal Cardiology,*

Deputy Medical Director and Director of International Services (Evelina London)

Dr Adam Carter: *Paediatrician with Expertise in Cardiology, Epsom & St Helier University Hospitals NHS Trust*

New monthly PEC Education Course on MS Teams

Programme for 2024

16/10/2024: Introduction & Image Optimisation
20/11/2024: Abnormalities of the Chamber Shape
18/12/2024: Christmas Quiz

When: 3rd Wednesday of the month 17:05-18:00

Session certificates will be available for those who submit a completed feedback questionnaire.

To see all our other offerings, please click this link to visit the [education and training](#) page on our website .

Education & Training

Feedback from first PEC education session

The first session was on **'Image Optimisation'** was a huge success. We had 24 attendees and received feedback from 16. The session was highly valued for its friendly atmosphere, clear explanations, and practical focus on image optimization. The attendees appreciated:

- Learning useful and applicable tips for echo and image acquisition, such as optimizing compression and gain settings for coronary artery imaging.
- Insights into techniques like focusing during colour Doppler and compression adjustments, which were described as impactful and easy to apply in practice.
- The well-paced teaching, concise information, and lack of overemphasis on physics.
- Having relevant slides and echo examples provided after the session.

Overall, it was considered refreshing, well-structured and delivered at the right level of detail for its audience.



Attendees	Respondents
24	16

Ratings out of 5

Relevance/Topics	Facilitation	Organisation
4.63	4.75	4.75

Special Mentions

In August, we said goodbye to **Praise Phillips** (*pictured third from the left—top row*) who worked with us for 12 months as our assistant network manager. Praise joined our team via the management trainee graduate scheme. The role was completely new when Praise joined and he developed it so well. Praise contributed so greatly towards the network and left such a great impact on us. We are truly grateful for all his hard and wish him the very best in his new role.



UPDATE FOR THE LCHDN BOARD

We are delighted to congratulate **Piers McCleery** who was recently appointed as the Deputy Chair of the Lifelong CHD Network Board. With his wealth of experience and dedication, we look forward to his outstanding contributions and valuable insights.



*We'd also like to take this opportunity to say a big **CONGRATULATIONS** and extend a warm welcome to all the new starters who have joined our network since our last newsletter. We're thrilled to have you on board!*

It's wonderful to hear about the amazing work you've already been doing since joining the team. We're excited to see all the great contributions you'll continue to make and look forward to hearing even more about your achievements.

Welcome to the team!

Other News

National CHD's Network Annual Meeting



Earlier this month, a few of our team members travelled to Dublin, Ireland, to attend the British Congenital Cardiac Association (BCCA) Conference and the National CHD Network's annual meeting. Congratulations to Lynda and Susana for leading their own talks! The event provided valuable time for networking, sharing knowledge, and learning, all aimed at strengthening our network's commitment to delivering exceptional patient care and ensuring even safer outcomes. It was fantastic for the team to dedicate these days to professional growth and collaboration. We're already looking forward to the next conference.

WE WANT TO HEAR FROM YOU



We continue to welcome any suggestions of what you would like to see in the "For Patients" and "For Professionals". To help us make this a site both useful and interesting to all our readers, please share any ideas for suggested news items that we can add. This could be a story of a patient journey, a poem/painting/drawing/photo from a patient/family/carer or news of events happening in and around your centre related to

Congenital Heart Disease.

You can get in touch with us via our [website](#)

Nursing Contact Cards

Paediatrics

**Paediatric
Clinical Nurse Specialist
Team**



Monday to Friday 09:00-17:00

**Paediatric
Clinical Nurse Specialist
Team**

Royal Brompton and
Harefield hospitals

**Monday to Friday 08:30-17:30
Tel: 0330 128 7727**

Adult

**Adult Cardiac
Clinical Nurse Specialist
Team**



**Monday to Friday 08:30-17:30
Tel: 0207 188 9172**

**Adult Cardiac
Clinical Nurse Specialist
Team**

Royal Brompton and
Harefield hospitals

(For patients > 21 years old)
**Monday to Friday 09:00-17:00
Tel: 0330 128 8764**

Transition

**Transition
Nurse Specialist Team**

Royal Brompton and
Harefield hospitals

(For patients 12-21 years old)

**Monday to Friday 09:00-17:00
Tel: 0330 128 8772
Email: TransitionCHD@rbht.nhs.uk**

Our Charity Partners

Brompton Fountain



www.thebromptonfountain.org.uk

ECHO



www.echo-uk.org

Little Heart Matters



www.lhm.org.uk

Somerville Heart Foundation



www.sfhearts.org.uk

Thank you for your continuous support